

Set Your Goals for March

March is Nutrition Month!

Did you know that March is Nutrition Month? Nutrition Month is a great time to evaluate your eating habits and find ways to improve your diet.

The theme for Nutrition Month this year is “Enjoy the taste of eating right.” After all, foods that are good for you don’t have to taste bad. On the contrary, many of the most healthful foods are also the most delicious.

March Goal Inspiration:

How will you eat better in the month of March? Is now a good time to choose new foods to try? Or to cut down on some foods that you know are bad for your health? Or both?

One great way to improve your diet without a lot of work is by using MyPlate. MyPlate is a guide to better eating, every day. Get the details at www.choosemyplate.gov. If you would like to try using MyPlate to achieve your goals, consider making one “MyPlate meal” per day. If that goes well, you can increase the number of meals that follow MyPlate.

Another way to enjoy the taste of eating right while improving your eating habits is to substitute healthful foods for the unhealthful ones that are offering you nothing but empty calories. For example, try a bowl of oatmeal instead of a sugary muffin or scone that has only refined grains. The oatmeal has way more nutrients and fiber than most processed baked goods. Or choose low-fat or nonfat milk instead of whole milk -- it’s just as high in calcium, but is way lower in saturated fat than regular milk.



Set Your Goals!

Are you ready? It’s time to put pen to paper. What are your March goals?

This March, I will _____

I will achieve my goals by _____

